

5 Minute Grounding Meditation

Let's begin by taking a deep breath in and a slow breath out. You can close your eyes, if that is comfortable for you or you can just lower your gaze

Find a comfortable posture on your chair. Feel the whole weight of your body resting there. Notice all the places where your body is being supported by the chair.

As best you can, let go of everything that has already happened today. Let go of everything you are anticipating for later today and turn your attention to what is happening for you in this present moment.

Notice how your body feels right now? Is it comfortable, uncomfortable, tired, tense, relaxed?

Next, notice any emotions or feelings that are happening right now. Whatever feelings arise are ok. Everything is welcome. We are creating a space for ourselves to be how we are.

Are you noticing any particular thoughts? That's ok. See them like clouds in the sky of your mind, and just let them pass by. It's natural for the mind to think. We are not trying to get rid of all our thoughts. We are just noticing them and letting them go.

Now, take a moment to notice the general sense of how you are right now, body, heart and mind.

See if you can soften and allow yourself to be just as you are, even if it is not the way you want to be. Allow yourself to be present in this very moment.

Now, I would like to invite you to turn your attention to how you want to show up in this meeting, what quality or skill you would bring to it.

If you could describe that intention in one word for yourself, what would it be? You won't have to share it, just know it for yourself.

And as the meeting unfolds, if you find yourself getting caught up in judgement, resistance, frustration or self-doubt, just notice that that has happened – it's human and remind yourself of your original intention this word, like an anchor for yourself.

Now, take a deep breath in and slow breath out, coming back to just feeling the weight of your body on the chair.

When you are ready, take a deep breath in and slow breath out, open your eyes slowly and (zoom) bring your gaze back to the whole group on the screen to be present for yourself and the group or (live) focus on something specific that you see in the room to transition to being present in the room and with the group.